

Carrick on Suir Road Runners AC

SuperValu Winter League 2019 Times Each Week

Number	Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
17	Margaret Power	0:19:38	0:19:26	0:19:38		0:20:50	0:19:11	0:19:07	0:19:04
18	James Sullivan	0:15:14	0:14:50	0:14:36	0:21:50				
19	Bernie Sexton	0:20:16	0:20:12	0:19:59	0:20:17	0:19:56		0:20:14	
20	Deirdre O'Sullivan	0:17:39	0:17:23	0:16:57	0:16:57	0:17:07	0:17:05	0:17:25	0:17:04
21	PJ Guinan	0:16:09	0:15:52	0:16:16			0:15:09	0:16:31	0:15:50
22	Ross Clery	0:17:12	0:17:19	0:17:03			0:16:36	0:16:37	
23	Jason O'Brien	0:22:15	0:21:12	0:20:48					0:20:05
24	Jimmy Power		0:21:13	0:20:34	0:20:12	0:20:36	0:20:04	0:20:17	0:19:44
25	Danny Power	0:20:12	0:19:04	0:18:59	0:17:58	0:18:01	0:16:48		0:17:30
26	Derek O'Dwyer				0:21:49	0:21:38	0:20:40	0:20:26	0:20:48
27	Ann Cronin	0:21:07	0:21:00	0:21:03	0:20:47	0:20:45	0:20:32	0:20:31	0:20:14
28	John Carroll	0:16:09	0:15:47	0:15:56	0:15:59	0:16:42	0:16:06	0:16:07	0:15:44
29	Maura O'Neill	0:20:30	0:20:21	0:20:24		0:20:20	0:20:01		0:19:49
30	Joe Gough	0:15:26	0:15:52		0:15:11	0:16:54	0:16:26	0:16:09	0:15:43
31	Sarah Gough	0:20:18	0:20:16	0:21:02		0:20:30	0:19:58		0:20:13
32	Lucy Walsh	0:23:01	0:24:37	0:24:45	0:24:59	0:23:48			
33	Gillian Cooper	0:23:40	0:24:38	0:24:45	0:24:59				
34	Yvonne Walsh	0:22:30	0:21:20	0:20:51	0:20:38	0:20:42	0:20:23	0:20:07	0:20:02
35	Georgina Cullen		0:21:14	0:20:50	0:20:08		0:20:24		
36	Thomas Kavanagh	0:17:08	0:16:55	0:17:49	0:17:58		0:17:30		
37	Pat Parle	0:19:09	0:18:47				0:18:18		0:18:30
38	Robert Power	0:15:50	0:15:33	0:15:46		0:15:43	0:15:50	0:15:52	0:16:07
39	Mary Kelly	0:21:41	0:20:49	0:20:45			0:20:18	0:19:55	0:19:12
40	Eugene O'Keeffe	0:15:26	0:15:35	0:15:32	0:15:11		0:14:59	0:15:18	0:14:56
41	Mary Molloy	0:20:20	0:22:08	0:21:33	0:24:12				
42	Ber Glascott	0:24:30	0:23:33				0:23:50	0:24:01	
43	Linda Fahey	0:24:40	0:23:50	0:23:27	0:23:20	0:22:56			
44	Patrick Roche	0:14:20	0:14:18	0:14:17	0:14:12	0:14:55	0:14:32	0:14:32	0:13:57
45	James Fox	0:16:53	0:17:13	0:16:55			0:17:29	0:17:31	0:17:37
46	Tommy Falconer	0:18:04	0:17:07	0:16:53	0:16:45	0:16:46	0:16:28	0:16:33	0:16:21
47	Miguel Ponce De	0:17:28			0:15:54		0:15:44		0:15:32
48	Brian Graham	0:15:18	0:14:50		0:14:44	0:15:02		0:14:46	
49	Sinead Dunne	0:22:15	0:21:14	0:20:42	0:20:36	0:20:44	0:20:16	0:21:06	0:20:08
50	Dermot Lanigan	0:17:31		0:17:29		0:17:54			
51	Deirdre Power	0:19:38	0:19:10	0:19:05	0:18:46	0:20:48	0:18:21		0:18:26
52	Sean Dunne	0:21:14	0:20:44	0:20:36	0:20:02	0:21:43	0:19:52	0:20:12	0:19:56
53	Andrew Downey	0:15:06	0:15:06	0:15:09	0:14:52	0:16:14	0:15:03	0:14:50	
54	David Butler	0:21:24	0:20:09	0:19:44	0:19:04	0:18:43	0:18:10	0:18:29	0:17:56
55	Tara Norris	0:20:15	0:19:37	0:19:37		0:20:44	0:19:31		0:19:16
56	Kevin Barry	0:23:03		0:21:35	0:21:20	0:21:29	0:20:30	0:20:09	0:19:39
57	Michael Freaney	0:16:49	0:16:44	0:16:51		0:16:35	0:16:21		
58	Pat Nolan		0:16:00	0:15:53		0:15:43	0:15:17	0:16:31	0:15:49

Number	Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
59	Emer O'Brien		0:18:09	0:18:12	0:18:00	0:20:49	0:17:39		0:17:16
60	Eileen O'Connell		0:21:11	0:20:09	0:19:32	0:19:03	0:18:27	0:18:26	0:18:17
61	Shauna Cody		0:22:00	0:21:28	0:20:41		0:21:27	0:21:14	0:20:49
63	Catherine		0:22:32	0:22:18	0:21:50	0:21:45		0:22:16	
64	Nanette O'Connell		0:22:04	0:21:17	0:20:06	0:19:51	0:19:10	0:19:30	0:19:14
65	Audrey Hearne		0:22:09	0:23:41	0:22:48	0:22:18			
66	Mary Fitzpatrick					0:24:57	0:23:46	0:23:26	0:23:00
91	Barry Torpey		0:16:59	0:16:51	0:16:43		0:16:54	0:16:47	0:16:31
121	Benny Hahessy	0:15:17	0:15:14	0:15:19	0:15:01	0:15:02	0:14:53	0:15:06	0:14:50
150	Gordon Collins			0:22:50		0:20:32	0:20:07		0:20:23
200	David Kenneally					0:15:44			0:16:22
201	Keith O'Brien					0:16:30	0:15:07	0:14:49	0:14:47
202	Eoghan Coughlan						0:16:19		